



Homeroom Virtual Learning

# Middle School SEL Lesson

April 27- May 1, 2020



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### Lesson: April 27- May 1, 2020

**Objective/Learning Target:** Students will be able to identify at least one strategy which will help them cope when feeling stress.



# COPING WITH STRESS



**STRESS...?**

**NO STRESS HERE.**

[makeameme.org](http://makeameme.org)

TAKE A LOOK AT THESE COPING  
MECHANISMS ON THE NEXT  
SLIDES...





# DEEP BREATHING

ACTIVITY: BREATHE THE RAINBOW

- TAKE A SLOW DEEP BREATH
- THINK ABOUT EACH COLOR OF THE RAINBOW
- MATCH EACH COLOR OF THE RAINBOW WITH YOUR FAVORITE THINGS

EXAMPLE: RED: **KANSAS CITY CHIEFS**. BLUE: **KANSAS CITY ROYALS**



# MUSCLE RELAXATION

- 1) FLEX A SPECIFIC MUSCLE GROUP ( ARMS AND HANDS OR NECK AND SHOULDERS)
- 2) HOLD FOR 5 SECONDS
- 3) RELEASE THE MUSCLE GROUP

NOTICE HOW THAT MADE YOU FEEL....



## Gaining & Maintaining Control

NAME 5 THINGS IN THE ROOMS THAT YOU CAN SEE.

NAME 4 THINGS IN THE ROOM THAT YOU CAN FEEL.

NAME 3 THINGS IN THE ROOM THAT YOU CAN HEAR.

NAME 2 THINGS IN THE ROOM THAT YOU CAN SMELL.

NAME 1 POSITIVE THING ABOUT YOURSELF.





## FOCUS ON YOUR FEELINGS

YOUR STRESS LEVEL IS IMPORTANT

- YOU ARE IN CONTROL OF HOW YOU DEAL WITH STRESS.
- DO NOT IGNORE IT.
- USE THE SKILLS TO LOWER IT.

"BREATH IS THE POWER BEHIND ALL THINGS... I BREATHE IN AND KNOW THAT GOOD THINGS WILL HAPPEN" -TAO PORCHON- LYNCH



## **Need to talk to someone?**

**(note: in an emergency, call 911!)**

- [Crisis Text Line](#) - Text HOME to 741741 and a crisis worker will respond. Their website also has extra resources.
- [Suicide Prevention Lifeline](#) - You can chat online or call 1-800-273-8255. Their website also has extra resources.
- [Domestic Violence Hotline](#): 816-468-5463 (call)